

A Typical DBT Session



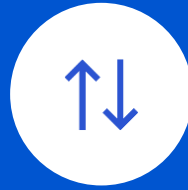
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Welcome to the fourth video in this module. In a previous video, we were introduced to the four components of a DBT program which are group sessions, individual sessions, between-session support, and the consultation team. In this video, we will learn more about TF-DBT individual sessions. So, let's get started.

Individual Sessions in TF-DBT



Engage in trauma processing



Be trained in at least one top-down and one bottom-up model

Reutter, K., & DePasquale, D. (2019). *The dialectical behavior therapy skills workbook for PTSD: Practical exercises for overcoming trauma and post-traumatic stress disorder* (1st ed.). New Harbinger Publications.



So, as we already learned in a previous video, the main purpose of individual sessions in trauma-focused DBT is to engage in trauma processing. As we also learned, TF-DBT recommends being fully trained in at least one trauma processing model that is primarily top-down, in other words, more cognitive or more verbal, and at least one model that is predominantly bottom-up, in other words, more somatic. Some clients prefer more verbal forms of processing, some clients prefer more somatic forms of processing, but most clients benefit from a combination of both.

References

- Reutter, K., & DePasquale, D. (2019). *The dialectical behavior therapy skills workbook for PTSD: Practical exercises for overcoming trauma and post-traumatic stress disorder* (1st ed.). New Harbinger Publications.

Individual Sessions in TF-DBT



Review skills



Stay grounded
Self-soothing
Somatic awareness

Reutter, K., & DePasquale, D. (2019). *The dialectical behavior therapy skills workbook for PTSD: Practical exercises for overcoming trauma and post-traumatic stress disorder* (1st ed.). New Harbinger Publications.



Another function of individual sessions in TF-DBT is to review and practice skills learned in group while acquiring additional skills as necessary, and especially skills required to support trauma processing. So that might especially include skills such as staying grounded, or self-soothing, or somatic awareness.

References

- Reutter, K., & DePasquale, D. (2019). *The dialectical behavior therapy skills workbook for PTSD: Practical exercises for overcoming trauma and post-traumatic stress disorder* (1st ed.). New Harbinger Publications.

Individual Sessions in TF-DBT



Integrate other
treatment models



Grief counseling
Comorbid issues

Reutter, K., & DePasquale, D. (2019). *The dialectical behavior therapy skills workbook for PTSD: Practical exercises for overcoming trauma and post-traumatic stress disorder* (1st ed.). New Harbinger Publications.



A final function of individual sessions in TF-DBT is to integrate other treatment models as clinically indicated. For example, in addition to doing trauma work, maybe your client also needs to do some grief counseling. Maybe they need a separate model of psychotherapy to do that. Or maybe you need to help your client deal with another comorbid issue that's interfering with or affecting their treatment. For example, they might need a referral to a substance abuse program.

References

- Reutter, K., & DePasquale, D. (2019). *The dialectical behavior therapy skills workbook for PTSD: Practical exercises for overcoming trauma and post-traumatic stress disorder* (1st ed.). New Harbinger Publications.

A Typical DBT Session



Do brief mindfulness exercise



Review homework or diary cards



Review and reinforce skills work

- Linehan, M. M. (2014). *DBT skills training handouts and worksheets* (2nd ed.). Guilford Press.
- Linehan, M. M. (2015). *DBT skills training manual* (2nd ed.). Guilford Press.



A typical individual session follows the following format. First of all, start off with a brief mindfulness exercise, and I do want to emphasize the word brief. It does not have to be long and elaborate. Secondly, review homework or diary cards. In another video, we will talk more about diary cards. Third, review and reinforce skills work as necessary.

References

- Linehan, M. M. (2014). *DBT skills training handouts and worksheets* (2nd ed.). Guilford Press.
- Linehan, M. M. (2015). *DBT skills training manual* (2nd ed.). Guilford Press.

A Typical DBT Session



Engage in trauma processing



Assign homework



Do brief mindfulness exercise

- Linehan, M. M. (2014). *DBT skills training handouts and worksheets* (2nd ed.). Guilford Press.

- Linehan, M. M. (2015). *DBT skills training manual* (2nd ed.). Guilford Press.



Four, engage in trauma processing. Five, assign additional homework as indicated. And then finally, six, conclude with another brief mindfulness exercise. The following mindfulness exercises are especially conducive to trauma processing: heart-focused breathing, the safe place, the container exercise, and the body scan. And in subsequent videos, we will talk a lot more about each of those specific mindfulness exercises.

References

- Linehan, M. M. (2014). *DBT skills training handouts and worksheets* (2nd ed.). Guilford Press.
- Linehan, M. M. (2015). *DBT skills training manual* (2nd ed.). Guilford Press.

Key Points

- The main purpose of individual sessions in TF-DBT is to engage in trauma processing.
- The secondary function of individual sessions is to review and practice skills learned in group.
- A final function of individual sessions is to integrate other treatment models.



But for now, let's summarize some of the key points we have made in this video. So first of all, the main purpose of individual sessions in TF-DBT is to engage in trauma processing. TF-DBT recommends being fully trained in at least one trauma processing model that is primarily top-down and at least one model that is predominantly bottom-up. Some clients prefer more verbal forms of processing, some clients prefer more somatic forms of processing, and most clients benefit from combinations of both. Another point, the secondary function of individual sessions in TF-DBT is to review and practice skills learned in group while acquiring additional skills as necessary and especially skills required to support trauma processing, such as staying grounded, self-soothing, and somatic awareness. A final function of individual sessions is to integrate other treatment models as clinically indicated.

Key Points

- A typical session follows this format:
 - Do brief mindfulness exercise.
 - Review homework.
 - Review skills.
 - Engage in trauma processing.
 - Assign homework.
 - Conclude with a mindfulness exercise.



And finally, a typical individual session follows the following format: Start with a brief mindfulness exercise, review homework or diary cards, review or reinforce skills work as necessary, engage in trauma processing, assign additional homework as indicated, and conclude with another mindfulness exercise. The following mindfulness exercises are especially conducive to trauma processing - heart-focused breathing, the safe place, the container, and the body scan.



Next Presentation:

DBT Group Sessions

 Psychotherapy
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